

## 2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)**

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Running/Jogging	Basketball	Running/Jogging
2nd	Walking	Running/Jogging	Walking
3rd	Basketball	Walking	General Recess
4th	Bicycling	Bicycling	General Play
5th	General Recess	General Recess	Playground Equipment
6th	General Play <sup>1</sup>	Soccer	Basketball
7th	Baseball	General Play	Calisthenics
8th	Playground Equipment <sup>2</sup>	Kickball	Playground Games <sup>5</sup>
9th	Calisthenics <sup>3</sup>	General PE <sup>4</sup>	Bicycling
10th	Soccer	Playground Equipment	Swimming

Rank	White	African-American	Latino	Asian/Other
1st	Running/Jogging	Running/Jogging	Walking	Running/Jogging
2nd	Walking	Basketball	Running/Jogging	Basketball
3rd	Basketball	Walking	Basketball	Walking
4th	Bicycling	Rope Skipping/Jump Rope	Bicycling	General Play
5th	General Recess	Handball	General Recess	General PE
6th	Baseball	Calisthenics	Baseball	Calisthenics
7th	Playground Equipment	Bicycling	Soccer	General Recess
8th	General Play	Playground Equipment	General Play	Tag <sup>6</sup>
9th	Soccer	Kickball	Playground Equipment	Other Exercise
10th	Playground Games	Playground Games	Calisthenics	Dodgeball

<sup>1</sup> General play includes tree climbing, playing with the dog, etc.

<sup>2</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

<sup>3</sup> Calisthenics includes jumping jacks, push-ups, stretching, etc.

<sup>4</sup> General PE includes Physical Education time.

<sup>5</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>6</sup> Tag includes tag, capture the flag, hide and seek, etc.